

BALLARD pool



Spring and Summer Programs
March 6 - August 6, 2006

Ballard Pool

1471 NW 67th
Seattle, Wa. 98117
Ph: (206) 684-4094

Visit our website at
www.cityofseattle.net/parks/aquatics

Hours of Operation

Spring

6:00pm - 7:30am
12:00pm - 9:30pm
12:00pm - 8:00pm
11:30am - 7:00pm

Summer

6:00am - 7:30am
10:00am - 9:30pm
10:00m - 8:00pm
11:30am - 7:00pm

Mon. - Fri.
Mon. - Thurs.
Friday
Sunday

Fundraiser Opportunity

Here's how it works: Every time you shop at the **Ballard Market please save your receipts**. The next time you visit the Ballard Pool please turn them into the white mail box located in our lobby. The Ballard Pool will total them, subtract the sales tax, and then submit them to Ballard Market. Then we get a check for 1% of the total pre-tax dollars spent! It's that simple!

If we have wide-spread support for this program, we can raise a lot of money for new swim equipment. *Thanks for your support.*

Staff

TBA	Coordinator
Jenette Budrow	Asst. Coordinator
Angela Eddy	Asst. Coordinator
Drew Carmichael	Senior Lifeguard
Luke Williams	Senior Lifeguard
Raechel Wolcott	Senior Lifeguard
Gail Bailey	PPT Cashier
Kenneth R. Bounds	Superintendent
Christopher Williams	Operation Division Director
Kathy Whitman	Aquatics Manager
Patsy Siegismund	Senior Coordinator - Aquatics

Ballard Pool will be closed for the following Spring/Summer Holidays

Monday, May 29
Tuesday, July 4

Memorial Day
Independence Day

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Other Helpful Phone Numbers

Ballard Community Center	684-4093
6020 28th Ave. NW	
Loyal Heights Community Center	684-4052
2101 NW 77th St.	
Woodland Park Zoo	684-4800
5500 Phinney Ave N	
Aquarium	386-4320
1483 Alaskan Way, Pier 59	
Swimming Pools	
Evans Pool	684-4961
7201 E. Green Lake Dr. N	
Madison Pool	684-4979
13401 Meridian Ave. N.	
Meadowbrook Pool	684-4989
10515 35th Ave NE	
Medgar Evers Pool	684-4766
500 23rd Ave	
Queen Anne Pool	386-4282
1920 1st Ave	
Rainier Beach Pool	386-1944
8825 Rainier Ave	
Southwest	684-7440
2801 SW Thistle	
Colman Pool (Summer Only)	684-7494
"Pop" Mounger Pool (Summer Only)	684-4708

Recreation & Fitness Descriptions

Adult & Senior Swim *Adults & Seniors*

Three (3) lap lanes in the afternoon and four (4) lap lanes in the evening are provided for swimmers interested in conditioning. Open area available for non-lap swimming activities.

Mon. - Fri. 12:00 - 1:15pm

Mon. & Wed. 8:30 - 9:30pm

Sunday 5:30 - 7:00pm

Lap Swim

All six (6) lanes are provided for lap swimming. Two are designated easy, medium, one fast and another very fast. Please follow the lap courtesy rules provided in the pool deck area. ***Swim card is needed for entry to the Early Morning Lap Swim.**

***Mon. - Fri.** 6:00 - 7:30am

Mon. - Fri. 2:30 - 3:30pm

Thursday 7:30 - 8:30pm

Friday 5:30 - 6:30pm

Sunday 11:30am - 1:00pm (4 lanes only)

Family Swim *Children & Adults*

Children must be accompanied by an adult (**age 18+**) family member in the water. One adult to a maximum of 6 youths ratio. One adult to one child ratio if under 4 ft. Good time to bring young children. Small float toys are allowed.

Tuesday 7:30 - 8:30pm

Sunday 4:30 - 5:30pm

Shower Only

You may take just a shower at the Ballard Pool for \$3.75. Our family changing rooms are reserved for this purpose. The family changing rooms are available (see below).

Times Available:

Mon. - Thurs. 12:00 - 5:00pm, 8:00 - 9:00pm

Friday 12:00 - 6:00pm, 7:00 - 8:00p

Saturday Not Available

Sunday 11:30am - 2:30pm, 5:00 - 7:00pm

Public showers are not available during lesson times.
Summer hours: Shower times may begin at 11:00am, Monday - Friday.

Public Swim

Everyone

Children must meet the minimum height requirement of four (4) feet tall or be accompanied in the pool by an adult on a one to one ratio. Groups of 10 or more please call ahead to make a reservation.

Mon. - Fri. 1:30 - 2:30pm (Summer only)

Wednesday 5:00 - 6:00pm

Friday 7:00 - 8:00pm

Sunday 2:00 - 3:00pm

Youth Appreciation Week Swims

Additional public swims during Spring Break

Tues. & Thurs., April 11 & 13 from 1:30 - 2:30pm

Teacher-in-Service Day - No school so come to the pool

Friday, March 17, 10:30 - 11:30am

Water Exercise

Drop in class

This one-hour program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end of the pool.

M/W/F 1:15 - 2:15pm (Spring only)

M/W/F 11:00am - 12:00pm (Summer only)

Tues. & Thurs. 8:30 - 9:30pm

Sunday 1:00 - 2:00pm

Swim Widths of the pool in the deep end during our afternoon water exercise class. The deep end is now open M/W/F from 1:15 - 2:15pm. Get a few yards in (15 yards/1 width). Maximise your time. Regular admission fee.

Hydrofit

Drop in class

This exercise program is a deep-water class using flotation equipment for increased resistance. Great for toning and strengthening.

Tues. & Thurs. 8:40 - 9:25pm

Sunday 1:10 - 1:55pm

Aqua Jogging

Drop in class

A great workout in deep water with no impact. All participants wear a float belt for alignment and flotation support.

***Tues. & Thurs.** 1:15 - 2:00pm (Spring only)

Tues. & Thurs. 11:00 - 11:45am (Summer only)

***Class cancelled April 11 & 13**

Masters Workout!

Are you interested in improving your lap swimming ability in an adult work out setting? This will be a coached 1 hour fitness work out for ages 18 and over. You must be comfortable swimming the length of the pool. Following the drills and coaching sets and see your swimming improve weekly! Drop/in program.

Mon. & Wed. 7:30 - 8:30pm

Drop in: \$4.75

Buy a Fitness Card for extra savings!

FLOAT TESTS REQUIRE PHOTO ID AND CAN BE DONE AT ANY PUBLIC OR FAMILY SWIM

Lessons & Registration

How to Register for Swimming Lessons

1) If you are currently in Ballard Pool swimming lessons. Sign up for the new session during the **last night** of your current class.

2) **All new participants require a pre-test before registration** to determine what level of Kinder or Youth classes to sign up for. You may take a pre-test free of charge during any of our public or family swims. (Times and Dates on pg. 3.) **Note:** Non pre-tested students will go to the end of the line during open registration.

4) Ballard Pool registration system is done on a "lottery basis". You will stand in line according to the number you draw. **Payment is required at the time of registration.**

5) A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if a minimum enrollment is not met. *In the event that classes are full, a waiting list for the current session will be made. New classes added according to pool space and instructor availability.*

See page 5 for Summer registration procedures.

How current participants register if you would like to transfer to another day:

You may register if spots are available after the end of the lesson block on the last night of the current session:

Mon. and/or Wed.	after 8:00pm
Tues. and/or Thurs.	after 7:30pm
Friday	after 7:30pm
Saturday	after 11:30am the following Sunday
Sunday	after 4:30pm

If there are spots available, you may transfer.

Who is a Transfer Participant?

- Changing day/time of class (switching nights)
- Tots moving into 3 Yr. old class
- Tots moving into K1 class
- 3's moving into K1 class
- L4's moving into L5/L6 class
- Any advancing classes may need to switch days and times
- Any supervisor approved exceptions based on special circumstances.

Current Private Lesson Registration

Spring	Tuesday, Feb. 28 @ 6:00pm
Summer	please see top of page 5

Current Group Lesson Participants

wanting to sign up for private lessons

Spring	Tuesday, Feb. 28 @ 7:00pm
Summer	please see top of page 5

All New Participants

Spring	Monday, March 6 @ 6:00pm
Summer	please see top of page 5

(see page 5 for private lesson dates & times.)

3 yr. Old Lessons
\$8/class

Lessons fee New Participant
Registration Dates

Monday & Wednesday Classes (*no class May 29)

Spring				
Session I	March 13 - April 10	9	\$45	Mon., March 6 6:00pm
Session II	April 17 - May 10	8	\$40	Wed., April 12 6:30pm
Session III	May 15 - June 12*	8	\$40	Thurs., May 11 8:00pm

Summer				
Session I	June 26 - Aug. 2	12	\$60	please see top of page 5

Tuesday & Thursday Classes (*no class July 4)

Spring				
Session I	March 14 - April 11	9	\$45	Mon., March 6 6:00pm
Session II	April 18 - May 11	8	\$40	Wed., April 12 6:30pm
	May 16 - June 13	9	\$45	Thurs., May 11 8:00pm

Summer				
Session I	June 27 - Aug. 3*	11	\$55	please see top of page 5

Tuesday/Wednesday/Thursday Classes (*no class July 4)

Summer				
Session I	June 27 - July 13*	8	\$40	please see top of page 5
Session II	July 18 - Aug. 3	9	\$45	please see top of page 5

Monday Only Classes (*no class May 29)

Spring				
Session I	March 13 - April 24	7	\$35	Mon., March 6 6:00pm
Session II	May 1 - June 12*	6	\$30	Thurs., April 27 8:00pm

Summer				
Session I	June 26 - July 31	6	\$30	please see top of page 5

Tuesday Only Classes (*no class July 4)

Spring				
Session I	March 14 - April 25	7	\$35	Mon., March 6 6:00pm
Session II	May 2 - June 13	7	\$35	Thurs., April 27 8:00pm

Summer				
Session I	June 27 - Aug. 1*	5	\$25	please see top of page 5

Wednesday Only Classes

Spring				
Session I	March 15 - April 26	7	\$35	Mon., March 6 6:00pm
Session II	May 3 - June 14	7	\$35	Thurs., April 27 8:00pm

Summer				
Session I	June 28 - Aug. 2	6	\$30	please see top of page 5

Thursday Only Classes

Spring				
Session I	March 16 - April 27	7	\$35	Mon., March 6 6:00pm
Session II	May 4 - June 15	7	\$35	Sun., April 30 6:00pm

Summer				
Session I	June 29 - Aug. 3	6	\$30	please see top of page 5

Friday Only Classes

Spring				
Session I	March 17 - April 28	7	\$35	Mon., March 6 6:00pm
Session II	May 5 - June 16	7	\$35	Sun., April 30 6:00pm

Summer				
Session I	June 30 - Aug. 4	6	\$30	please see top of page 5

Saturday Only Classes

Spring				
Session I	March 18 - April 29	7	\$35	Mon., March 6 6:00pm
Session II	May 6 - June 17	7	\$35	Sun., April 30 6:00pm

Summer				
Session I	July 1 - Aug. 5	6	\$30	please see top of page 5

Sunday Only Classes (*no class Nov. 27)

Spring				
Session I	March 19 - April 30	7	\$35	Mon., March 6 6:00pm
Session II	May 7 - June 18	7	\$35	Sun., April 30 6:00pm

Summer				
Session I	July 2 - Aug. 6	6	\$30	please see top of page 5

Lesson Descriptions

New Registration System for Summer

Ballard Pool will be starting a new computer generated lesson registration system this summer. In order to avoid long waiting lines, we will be doing a mail-in registration method.

Current Participant Lesson registration for all summer sessions - postmarked by June 9. **New Participant** registration for all summer sessions - postmarked by June 16. Mail-in registration form is on page 7.

Tot Lessons 6 months thru 3 years

This is a water adjustment class for infants and toddlers. Parents accompany their children into the water for enjoyment, fun, and education into the aquatic experience of Ballard Pool. **Swim diapers required.**

Sunday	3:00 - 3:30pm
T OR Th.	7:00 - 7:30pm
Thursday	1:15 - 1:45pm (Spring only)
Thursday	11:30 - 12:00pm (Summer only)
Saturday	11:30 - 12noon

Three Year Old Lessons 3 years

A small class of (3) three years olds. Designed to prepare them to enter Kinder Swim Lessons. Total session price is based on number of lessons x \$8/lesson. (Once a child is 4 years old they need to register for K1 on an availability basis.)

Sunday	3:00 - 3:30pm
Mon. OR Wed.	6:30 - 7:00pm
Wednesday	7:00 - 7:30pm
T OR W OR Th.	10:00 - 10:30am (Summer only)
T OR Th.	1:45 - 2:15pm (Spring only)
	5:30 - 6:00pm
	6:00 - 6:30pm
	6:30 - 7:00pm
Saturday	10:00 - 10:30am

Diving I & II

**Must be swimming Level 4 or higher and very confident in deep water.*

- This diving class is designed to teach strong safety habits and basic diving skills.
- Each skill builds on previously learned material.
- Regular attendance is strongly recommended.
- This course is highly organized, with an emphasis on fun.
- A sample of dives taught: forward and back approaches and take-offs, forward and back dives, inward dives, and other similar foundation skills.
- The instructor, David Dawson, has a 30 year history in the sport, with numerous medals in international competition. He currently coaches with Seattle Diving, Seattle University, and at Ballard High School.

Diving I	Saturday	10:30 - 11:15am
Diving II	Saturday	11:15 - 12:15pm
Kinder (ages 5 & 6)	Saturday	10:00 - 10:30am

Water Polo 10 - 18 years

- Learn the basics of this fast moving, exciting sport.
- Throwing, catching, shooting the ball, rotary kick, game strategies, and scrimmages are a sample of what will be taught. Swimming level 5 or above.

Saturdays	12:00 - 1:00pm	\$50
Spring Only	March 18 - May 20	

Kinder Lessons 4 - 6 years

Designed to teach the basic skills of swimming and water safety. Children learn mostly by imitation and by responding to certain stimuli. Swim lessons meant to be fun and educational.

Sunday	3:30 - 4:00pm	K1, K2, K3, K4
Mon. & Wed.	6:00 - 6:30pm	K1, K2, K3, K4
Monday	7:00 - 7:30pm	K1, K2, K3, K4
T/W/Th	10:00 - 10:30am	K1, K2, K3/4
(Summer only)		
Tues. & Thurs.	1:45 - 2:15pm	K1, K2 (Spring only)
	5:30 - 6:00pm	K1, K2, K3, K4
	6:30 - 7:00pm	K1, K2, K3, K4
Friday	6:30 - 7:00pm	K1, K2, K3
Saturday	10:30 - 11:00am	K1, K2, K3, K4

Youth Lessons 7 - 14 years

American Red Cross format. A series of classes Levels 1 - 6. New participants must be "pre-tested" to establish what level to attend. Please see "How to Register" on page 4 (Spring) or page 5 (Summer).

Sunday	3:30 - 4:00pm	L5
	4:00 - 4:30pm	L2, L3, L4
Mon. & Wed.	6:30 - 7:00pm	L1, L2, L3, L4
	6:00 - 6:30pm	L5/6
Wednesday	7:00 - 7:30pm	L2, L3, L4, L5
Tues. & Thurs.	6:00 - 6:30pm	L2, L3, L4
Tues. OR Thurs.	7:00 - 7:30pm	L5, L6
Friday	6:30 - 7:00pm	L1, L2, L3, L4
Saturday	11:00 - 11:30am	L1, L2, L3, L4
	10:00 - 10:30am	L5/6

Beginning Adult Lessons Adults Only

This is a once a week class for the student who has little or no experience swimming. Classes will be tailored to meet the individual's needs. Students are encouraged to practice skills learned throughout the week.

Monday	8:00 - 8:30pm
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Intermediate Adult Lessons Adults Only

This class is for the student who has some skills swimming but would like to improve or refine these skills. All major strokes will be taught. Students are encouraged to practice skills learned throughout the week.

Wednesday	8:00 - 8:30pm
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Attention: Advanced Adult Swimmers - please try our **Master's "drop-in"** program **Mon. & Wed.** 7:30 - 8:30pm. See page 3 for details!

Pre-Competition Drop In

For youths Level 5 or above. Learn advance swim stroke techniques, turns, and racing starts. \$5 per class

Mon. & Wed.	7:30 - 8:00pm	(Spring only)
Saturday	10:00 - 10:30am	

Private Lessons All Ages

Personalized attention for faster progress. \$25/half hour, or \$35/half hour for semi-private lessons. Registration is required. No refunds.

Sunday	3:00 - 3:30pm
	4:00 - 4:30pm
Mon. OR Wed.	7:30 - 8:00pm
Tues. OR Thurs.	7:00 - 7:30pm
Wednesday	7:00 - 7:30pm
Saturday	11:30 - 12:00pm

Fees

Individual Fees

Under 1 year	Free
Youth (1-18)	\$2.75
Adult (19-64)	\$3.75
Senior (65+)	\$2.75
Special Pops	\$2.75
Slide	\$1
Universal Gym	\$1
Shower Only	\$3.75
Towel Rental	\$.50
Hydro-Fit & Aqua Jogging	
Equipment Rental	\$1.50

Water Exercise, Hydrofit, Aqua Jogging & Masters:

Adults	\$4.75
Senior/Spec. Pops	\$3
<i>Equipment rental fee is included for classes</i>	

30 Day F.A.S.T. Pass

Adult	\$45
Senior/Youth/Spec. Pops	\$35

Merchandise

Latex Caps	\$3.25
Silicone Caps	\$8
Bubble Caps	\$8
Classic/Animal Goggles	\$6
Anti-Fog Goggles	\$12
Force Gloves	\$15
Swim Diapers	\$1.50
Ear Plugs	\$6.50
Shampoo/Conditioner	\$7.50 each
Swimwear Wash	\$7.50

Fees and Charges:

Parks and Recreation fees and charges are necessary to provide financial support to the Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from parks and recreation activities and concessions are used exclusively for the Parks System as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

Credit Cards Accepted:

If you would like to pay for a class with a credit card, please drop by the pool office. Visa, MasterCard, and American Express are welcome.

Taxes:

Class and program fees listed in this brochure include sales tax where applicable in accordance with current provisions of the state legislature of Washington.

Punch Cards

Recreation:

\$20 for a \$22/value

Fitness:

\$30 for a \$33/value



General Information

Department Mission Statement:

Seattle Parks and Recreation provides safe, healthy, and welcoming opportunities for people to come together to play, grow, build strong communities, and promote stewards of the environment.

Aquatic Mission Statement:

To offer Aquatic opportunities for fun, learning, fitness, skill development, and physical rehabilitation in a safe, clean, friendly environment.

Nondiscrimination Policy:

As a matter of policy, law and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap. (Seattle Municipal Code 18.12.280).

ADA Compliance:

Reasonable accommodation will be made, upon request, for persons with disabilities. Ballard Pool is wheel chair accessible and is equipped with a mechanical lift to provide assistance for those who need help getting in and out of the water. A family changing room is available for families or for those who need assistance from someone of the opposite gender. For sign language interpretation, auxiliary aids or other accommodation, call V/TDD 684-4950.

Refund Policy:

It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council to make a full refund to participants who register for a program that is cancelled by the Department or Advisory Council for any reason. If a participant drops a class or program for which he or she is registered prior to the second session of a series, the pro-rated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained. This service charge is to offset the Department or Advisory Council cost in handling the refund. If a participant drops a class or program after the second session of a series, no refund will be given. Occasionally, no refund or credit is available for a specific program or service, which may include deposits for registration or rentals. Information on any specific exceptions is available from recreation staff prior to payment or purchase.

Scholarships:

Seattle Parks and Recreation encourages participation by low-income City of Seattle residents. Scholarships or low income rates are available for some youth instructional programs. Scholarships are limited to specific programs and are granted based on financial need. Information needs to be updated every six months. For further information, please call us at 206-684-4094.

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.



Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____)
Name Phone Relation

☐ PARTICIPANT info differs from above. How does it differ? _____

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE	1 ST CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
TOTAL								\$	

*Acceptance of this request does not guarantee enrollment into a class

If we cannot accommodate all of your children, do you still want to enroll those that we can? ☐ YES ☐ NO

How would you like to pay?

Person making payment _____
(required for proper refunding)

**PLEASE INCLUDE
PAYMENT**

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only
Authorization (Ref) #: _____

Are you currently enrolled
in Ballard Pool's swimming
lesson program?

☐ YES ☐ NO

Card #: _____ Expires: _____

For
mail-in
only

Name as it appears on card: _____

Signature: _____

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Special Events

Free! April Pool's Day

Saturday, April 22, 2005

10:00am - 12:00pm

Let's have a safe and fun time in the water this
Spring and Summer.

- boating safety skit
- hands on water safety skills during a public swim
- whale's tales video on water safety
- PFD fittings and sales
- refreshments and a water safety coloring book



Youth Appreciation Week Swims

Additional public swims during Spring Break

Tues. & Thurs., April 11 & 13 from 1:30 - 2:30pm

Teacher-in-Service Day - No school so come to the pool

Friday, March 17, 10:30 - 11:30am

Regular pool fees apply.

Parents Enjoy a Night Out *Drop Your Kids Off at the Pool for the evening...*

Friday, May 19

6:00 - 9:30pm

\$25/child

ages 6-11yrs.

(4' height requirement)

sign-ups begin May 1

space is limited

- creative art project
- swimming at the pool
- fun group pool activity
- snacks and a movie at the pool deck.

What a blast! While you have some free time to yourself - go to a movie, go out with friends, get some shopping done... the options are endless.

School's Out for Summer Swim

Friday, June 17

7:00 - 8:00pm

All kids swim for free.

Come rent Ballard Pool for your next party!

Fun, Fun, Fun, in your own private setting. Have all your friends enjoy the rope swing, slide, spa - and rent the lobby to continue the party!! Private rentals of the Ballard Pool are available on Saturday afternoons. **Call (206) 684-4094 to request your party date.**

(Ballard Pool will be unavailable for rentals on the following dates:
March 25, April 29, May 27, and June 24)